

# BRIDGES

WEDNESDAY, SEPTEMBER 17, 2014

## SPACES:

Art deco meets Sin City in new corporate headquarters. **P. 4**

## SHARP EATS:

What you need to eat this fall in Saskatchewan. **P. 16**

## GARDENING:

Please your kitty with this easy-to-grow mint species. **P. 20**

A STARPHOENIX COMMUNITY NEWSPAPER

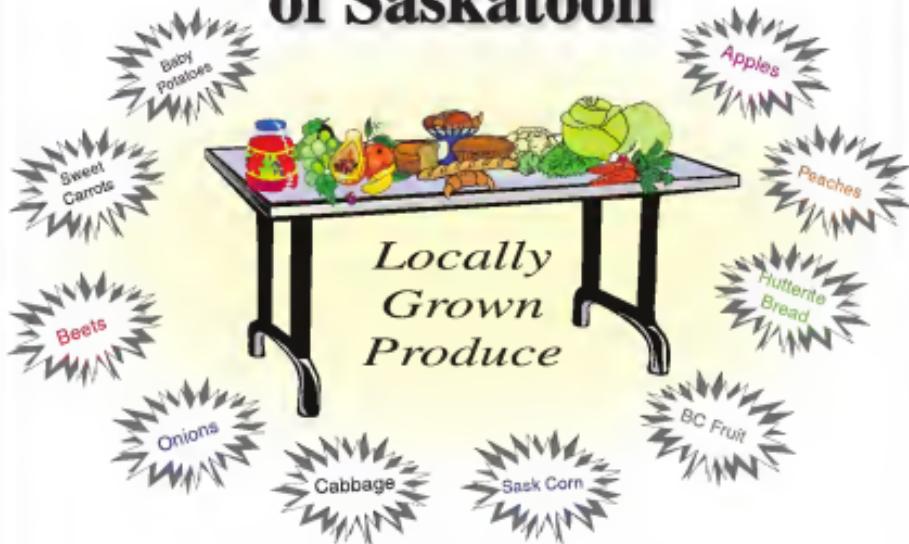
## THANKS TO THE SHRINE

SHRINERS LIKE HOWARD LOUIE  
ARE MAKING SURE SICK CHILDREN  
IN SASKATCHEWAN GET BETTER. **P. 6**



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Shriners International has arrived for more than 100 years. Shriners perform in all their vehicle performances. The group operates 23 hospitals in North America that specialize in pediatric care. FILE PHOTO

## # SPACES PG. 4



A look inside The Aviator Building, the recently renovated headquarters for the Mid-West Group. BRIDES PHOTO BY MICHELLE RIEDE

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Send listings to: [brides@theclarionpress.com](mailto:brides@theclarionpress.com)

### BRIDES COVER PHOTO BY TROY FLEECE

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# SPACES

Spaces celebrates beauty both indoors and out. If you have a living space we should highlight email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

## # SASKATCHEWAN'S BEST SPACES

### Art deco with a side of Sin City

By Sean Trembath

**WHO?** Colleen Wilson, director of design for Mid-West Group and Meridian Development

**WHAT?/WHERE?** The Routh Building in Saskatoon which houses the new corporate headquarters for both companies as well as several tenants.

**WHEN?** The grand opening was Aug. 12, but Mid-West and Meridian have been working there since March and some tenants have been there since those two years. The design process started about four years ago when they selected on the lot at 450 Second Avenue North.

**WHY?** Wilson and husband Kim Achel, the president and CEO of Mid-West, and Meridian knew five years ago they needed to start looking for a new permanent corporate headquarters. Wilson was excited at the idea of designing the entire space from the ground up.

**HOW?** "It's a little New York, a little Chicago and a little Las Vegas," says Wilson of her design inspirations.

The overexhilarating design philosophy of the building is art deco, inspired by the classic architecture Wilson grew to love on trips to New York.

"I don't have to be convinced very easily to do art deco. It's my favorite. I've always loved art deco buildings," she says.

From Chicago, she took the elements of high-glossed stainless steel seen in many of the building's features, from the trim out front to the metallically designed desks on the building's desks and custom office suites.

Wilson also wanted to add a little over-the-top flair or "bling," and for that she looked to Sin City.

The bathrooms — including some hidden behind doors that look like part of a regular wall in certain offices — are luxurious, with high ceilings and custom fixtures.



# SPACES

Almost everything in the building was built to Wilson's specifications.

"A lot of the things in here couldn't be done locally. What we could do is locally we did," Wilson says.

The chandelier in the main foyer is made of hundreds of unique pieces of glass, each individually blown by an artist. These pieces were hand-welded to a frame by Wilson and an employee. It took more than a week.

Wilson says that a design consultant went in for the type of stitching you see on the corner of the padding that runs the length of their airplane's boardroom table.

"It's really hard when you're designing for yourself. You think you know what you want, but you're second guessing yourself continually," she says.

Although she seems happy to have the whole process done with Wilson, gets a lot of satisfaction from this kind of project.

"It was certainly exciting at first, but there were times when I just didn't know if we were going to get the amount of detail we wanted in. To the guys credit, they did," she says.

"When I look around and see what it looks like, it's like [what] I had in my mind."



# ON THE COVER

It's amazing to go to a place that's world-renowned for their care of CI kids.

— Jenn Brown

# SHRINERS HOSPITALS FOR CHILDREN-CANADA

## Shriners keep giving hope and care to sick kids



Doctors told Carter Brown's parents he would never walk because he has osteogenesis imperfecta. After receiving treatments at the Shriners Hospitals for Children—Canada, he's able to run. (PHOTO BY GABRIETTE PHOTO)

By Jenn Sharp

Carter Brown was just three weeks old and already had 12 bone fractures.

Doctors in Oregon told his parents, Jenn and Mike, the fractures happened *in utero* and during his first weeks of life. Carter has osteogenesis imperfecta (OI). The painful

disorder is also called brittle bone disease.

Doctors told the Browns firmly Carter would never walk. If he lived, his bones would shatter. In severe pain, he cried during diaper changes and his arm would break if he was rolled over the wrong way. Thinking there was no treatment for OI, they were despondent, wondering what

life would hold for their little boy.

Then, Jenn got a call from another parent whose child also had OI. They had been to the Shriners Hospitals for Children Canada in Montreal, where researchers had developed a drug called Pamek不断提高 to treat the condition. A week after applying to the Wu Wu Shriners in Oregon, they were on their way to Montreal for

the first of dozens of treatments that would change their lives forever.

\*\*\*\*\*

The Shriners started as a branch of the Masons in 1870 in New York City. The highly secretive Masons wanted a pediatric arm — Shriners are known for their oaths, swearing

hands and private performances.

The first Shriners hospital opened in the state to care for polio victims. They now operate 27 hospitals in North America that specialize in pediatric care. Orthopedics and burn care treatment for spinal cord injuries, and for cleft lip and palate is offered at each hospital; some operate like in-area clinics.

They get wonderful treatment at that hospital. We will support as many kids as get accepted by the (medical board).

— Howard Louie

The non-Canadian hospital in Montreal is a pioneer in treating musculoskeletal conditions and offers specialized care in pediatric orthopedics. It also has a state-of-the-art research facility.

In August a 17-year-old patient became the first in Canada to undergo a minimally invasive surgery for a chest wall deformity at the Shriners Hospitals for Children-Canada. The innovative treatment was also developed there.

Shriners make it possible for patients and families to get to their hospitals. Once a patient has been accepted by the medical panel, his or her flight is paid for, along with one parent. Hotel rooms, meals, transportation to and from the airport and a meal expense stipend to be paid. A Shriners member even meets them at the airport and takes them to their hotel, where families stay on the

#### Shriners' story

It's as clear to Deshpande as it gets. The child meets others with his condition, gets incredible care and parents can focus on his health with out financial worries taking over.

Howard Louie is the regional hospital chair with the Wa Wa Shriners in Regina. He co-ordinates the hospital visits for the Wa Wa's patients all the way to 2015.

"They get wonderful treatment at that hospital," he says.

There's no maximum for the amount of kids they'll treat.

"We will support as many kids as get accepted by the medical board," says Louie.

At 380 people, Shriners member ship in Saskatchewan is small but mighty. Between the parades, to cook competitions, "we do every little thing we can think of to raise funds for our hospitals," says David Paul, the Wa Wa's president. "The end re-



An architectural rendering of the new Shriners Hospital for Children-Canada, which is under construction in Montreal.

sort all focuses on children. That's what we're all about!"

Now, the push is on to raise funds for the new hospital in Montreal,

which will be nearly 36,000 square metres larger than the current one. It will open in the fall of 2015 at a cost of \$127 million. The hospital will offer treatment, education for doctors and a floor dedicated to research.

Continued on Page F

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## Nuts About Nature At Beaver Creek Conservation Area

Hi there! My name's Chip, and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some time away from the city.



Dear Chip,  
Why don't ducks get wet when they go in the water?

Kim

The next time you are near a pond, take a closer look at how water behaves on a duck's feathers. You will notice that after splashing around, little droplets of water form on the feathers and roll right off the duck's body. This happens because ducks are able to 'waterproof' their feathers with oil. Oil and water don't mix, so by covering their feathers with oil, ducks are able to stay nice and dry. You can even try this yourself by doing a little experiment. Try rubbing a little bit of oil on your skin then squeeze some water over the area. You will see that the part of your skin that is covered with oil stays the water very quickly! I guess the next question you are going to ask is, "Well, do ducks get oil on them?" Every duck has an oil gland near its tail. Oil is released from this gland when the duck presses its bill up against it. The oil is transferred to the bill which the duck then runs through its outer feathers to waterproof them. This action is called "preening." Ducks spend hours preening to keep their feathers in good shape.

Send your questions to me at the address below, then watch Bridges for the answers

Your truly,

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Meewasin



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We do every little thing we can think of to help raise money for our hospitals. The end result all focuses on children. That's what we're all about. — David Paul

"We're world leaders in our field," says Paul of the specialized care at St. Boniface hospitals.

"We're not trying to replace the private hospitals," adds Louis. "We're augmenting."

They have no problem recruiting doctors either.

"They want to come and work for us," says Louis.

#### CARTER BROWN

OH is characterized by bones that lack collagen. The genetic disorder keeps people that haven't received treatment in wheelchairs. Below are from respiratory complications.

"When he was really tiny, we felt helpless for most of the time because he was in so much pain," says Jean. She, Mike Carter and Plan 8 are near Morden where Mike lives.

"In Regina initially they told us that there was no treatment and no

medicine that he could take. They would just basically wait until he broke," says Jean.

Not only is Carter 7, walking, he also runs, jumps and plays karate.

For Louis, Carter's experience defines the reason he works with the Skirters.

"It brings tears to my eyes," he says of Carter's own loss on life.

The three have the Skirters visited the St. Boniface Hospital for Children Canada. Carter was started on Pancreatic. It took over his can start bone pain. It also increased his bone density to reduce his fracture risk.

"We got the treatment right away because the doctors in Morden said you just looking at him like, you could tell he was in so much pain," says Jean.

After the third day of the treatment, he started sleeping through the night and stopped crying during diaper changes.



Carter Brown  
right, with his  
brother Louis  
Waltz at the  
Ruth & Amul  
Shankman  
Physically  
for Children  
Golf  
Tournament  
on Sept. 6.  
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HOSPITALS  
PHOTO BY  
CHRIS HARRIS



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He got the treatment right away because the doctors in Montreal said just looking at his face, you could tell he was in so much pain. —Jenin Brown



David Reid, Wa Mi Sherman's bagpiper at the Wa Mi powwow in Phoenix, performs prior to the powwow. "It completely changed his life from the first time we met at the three."

The family has made 37 trips to Montreal for the treatment, which he required every eight weeks as a baby.

Carrie also had two titanium rods implanted to make his legs stronger and straighter. The rods don't allow him to bend and twist, but

he has grown with them. The doctor who invented the rods was also Carter's surgeon.

"It's amazing to go to a place that a world renowned for their care of GI kids," says Jenin.

Now he goes every 18 weeks and receives half of the original dose because he responded so well.

Continued on Page 10

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Life lease units are pre-selling with 57 suites available including numerous suites facing south with a view of Hyde Park. Life lease rates range from \$1,000 to \$2,100. Many floor plans available including studio, one bedroom and two bedroom plus den suites. Many two-bedroom units have two bathrooms.

Construction will commence this summer with occupancy beginning in 2016. With a life-lease you own the lease and the property. You purchase the right to occupy the name for as long as you live. Features independently Hyde Park. A 50+ seniors' building and property for you to call home. When the time comes, there will never be a surprise bill to fix the roof. You promptly receive your money when you nominate your lease. Life-lease is peace of mind.

The innovative residence was designed by Saskatoon architect Charles O'Brien of AODET Architects. A modern mix of white and grey stone, the building's exterior design includes floor-to-ceiling windows which capture gorgeous views of neighbouring Parkside Park, with its 230 acres of lakes, parkland and walking trails. A stunning feature of the building is its glass-enclosed like an indoor balcony. Many suites have balconies with glass panel railings.

All of the "in an acre" of today's condo units are built with modern design principles, these plans have four end-units and modern kitchens with large islands, spacious walk-ups and a full stainless steel appliances package. Few bedrooms feature bathtubs.

Residents will enjoy the use of extensive amenities including the heated style lobby, sunroom, dining room (which includes Chef's Club), two guest suites, swimming pool, exercise room, library, game room, pottery studio, social gathering room, a large deck, a large patio with BBQ space and the sales lobby. Life lease suites receive extra parking stall in the ground-level heated parking deck, along with individual crystallized storage units. Getting in early allows you to choose a parking space right from one of these choices.

Hyde Park View will also offer 25 personal care suites. Residents will enjoy the use of these suites in a private setting, which will be for the same building that all provide the 24-hour personal care they need. These residents will be enter to the same building with their friends and receive all the same services. Located by the potential government, the personal care area will provide an atmosphere that care suited by qualified, trained personnel. The sound operation of providing our self-high accepting suites in May 2015.

Hyde Park View offers some of the most attractive prices in the city especially when you consider the amenities and the high level of service. The Blue Lodge Housing Group has been providing quality housing in Saskatoon for more than 30 years.

For more information, contact sales representative Shelley Davis at (306) 612-3338 and visit the website at [www.hydeparkview.org](http://www.hydeparkview.org) or drop by Blue Lodge (1123 Main Avenue) to pick up a sales package.

**www.hydeparkview.org**

I don't want (Millania) to know the word 'can't' if you want to do (anything), you'll figure out a way.

We didn't want to raise her with a disability. —Desiree Cadain

"It's been amazing. The Shaws pay for our flights, our hotel — her and a walker's wheelchair in case his infection has legs — they've definitely helped with the financial aspect of it."

The Browns are thankful for the preventative care at the hospital too. Unfortunately Carter's spine curved early in life. His scoliosis was severe enough to require surgery, which would not have been possible on a two-year-old. Instead, he wears a full torso brace to stave the progress and Carter's an active boy and has grown up in the confines of the brace. It's made his back straighter.

"It not only slowed the growth process, but it's got better which they didn't know it really happen, over time."

Throughout care while, there's another tragic portion of going to the Shriners Hospitals for Children Canada. Carter has grown up knowing other kids with his condition that share the same brace. He isn't play hockey or other high-risk sports. Cheering them on, too.

"We never had times when he felt alone. He's always had other people who he knows that have it. That's an incredibly valuable thing to be able to have for him."

Carter is the western Canadian ambassador for the new hospital's fundraising campaign. He set himself a personal fund-raising goal of \$4,000 which he quickly surpassed. He's currently raised more than \$60,000 through everything from lemonade stands to cookie sales.

He has gone public to talk about the Shriners and encourages donations to do the same. He has spoken at a large staff fundraising event for the new hospital in Montreal. The event raised \$800,000.

"He speaks in front of crowds really well," says Jen. "He really knows how much (the Shaws) have changed his life — that's always part of what he speaks about."

The community in Milestone has been fantastic. They held a fundraiser that's raised the \$10,000

skip for year. Make just Jen and Carter on every trip to Montreal so they're there as a family.

To donate to Carter Brown's campaign, search for his name under the fundraising page on at <http://carterbrown.ca>.

#### MILLANIA CADAIN

Millania Cadain's parents found out she didn't have legs before she was born.

Desiree Cadain, Nathan Glover and their son Gabriel (6) had gone to an ultrasound to determine the baby's sex when Desiree was 36 weeks pregnant.

"That poor ultrasound doctor I just saw her face (and asked) 'why are you discussing no teeth on her leg area?' Why can't you see her legs?" I knew something was wrong," says Cadain.

Neither mom nor dad knew De

siree's diagnosis was "profound."

"That puts things on your path that you can handle. We have a lot of love in our life," she says.

"I can't imagine not having Millania," adds Nathan. "Any body that gets to spend any time with her just melts and falls in love with her."

Millania has amniotic band syndrome. It can happen when the amniotic lining of the amniotic sac breaks off and wraps around limbs. In Millania's case, it wrapped around the upper part of her left leg and just above her right knee, cutting off the eva

lution. Knowing about her condition so early was a big help to let the family prepare and means the loss of her legs. It also gave Desiree time to research a life that accepts the active little blind baby girl.

"I just want her to know the word 'can't' if you want to do something, you'll figure out a way. We didn't want to raise her with a disability."

The hardest part was the fear of other people's reactions. De



Desiree Cadain, Nathan Glover and their children Gabriel and Millania. (BRIAN PHILLIPS/PHOENIX)

It's nice to have specialists that deal with it all the time and know that we're in the best hands. They live for helping kids and want to make their life the best as possible. — Desiree Cadman

Prosthetics could be made for Milana in Saskatoon but the family chose to go to the Shriners Hospital for Children Canada because they specialize in fitting children.

"At the first glance of Milana as Akakoska, the surgery wasn't there to get her fixed. (They said) 'maybe we'll fit her for her first set around 18 months.' It was very stressed out as a mother who wants her child to develop as a normal, rate," says Desiree.

The Saskatoon Shriners club's hospital chair at the time, Ken Lipson, quickly set up their first visit when Milana was four months old.

"It's such a big relief, like a weight has been lifted off of you," adds Desiree. "They make you feel right at home there."

What they thought would be a one-day consult turned into a week stay because the doctors wanted to

make prosthetics that would help her sit up on her own.

The family is due back for a third set (the second set was made in Saskatoon). This time, they'll be fitting Milana for walking prosthetics.

"It's nice to have specialists that deal with it all the time and know that we're in the best hands. They live for helping kids and want to make their life the best as possible," says Desiree.

Desiree is due to have a boy on Christmas Eve. They were scared it would happen again. Going into the 38-week ultrasound was especially nerve-racking.

But everything is normal. She then points to an ultrasound picture on the fridge. "He's giving the thumbs up. 'You're OK.'

photographer@shiners.ca  
Twitter.com/DesireeLipson



The Wa Wa Dancers 2010 parade, held in front of the Legislative Building, demonstrated differences when they make up the Shriners. Here, the 7-11 Royal Entertainers entertain the crowd. PHIL HARRIS/THE STAR

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# ON THE SCENE

## # SIA 50TH ANNIVERSARY CELEBRATION

The Saskatchewan Interfaith Association (SIA) celebrated 50 years of promoting positive cultural relations in the province with a awards and dinner and community recognition awards at Peas Island Park on Sept. 9. After the awards ceremony, guests danced to DJ's 2 Dublin, a Canadian band that combines Blupunk and Celtic music.

SIA is a non-profit organization that provides services for immigrants and refugees in Saskatoon by working with various agencies, Citizenship and Immigration Canada, and a network of private and government funders. Panels raised at the anniversary celebration will go towards SIA's programming.

BRIDGES PHOTOS BY GORD WALDNER



# ON THE SCENE



1. Garry Smith, Linda McMillan and Sue Abatino



2. Nikolae Polachuk and Shireen Green

3. Nessie and Sam Lock

4. Eric Gleason and Donnalyn Thordeman

5. Sandhya Puttannavath and Lary Rausens

6. Tyler and薛薛 Stichland and Richard Lisa Jeannine

7. Quinta Nichols, Pat Keyser, Mark Zelle, Kathy Anton and Marlene Keyser

8. Judy Buzunovskiy and Peter Andersen

9. Camille and Sarah Cremers, Jeff Cox and Myrna Zulueta

10. Genell and Tia Hanson with Vicki and Sarah Kallgren

11. Pippa, Peter and Chelsi Ben

12. Denell and Petty Clark



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# IN THE CITY

# SEPTEMBER 10, 2014 - 10:56 P.M.

## Back-to-school dance



Kyleen Brown's students at a Pleasant Hill Community School's 100-year anniversary Dance and Picnic on Sept. 10. (MELISSA AFONSO/DMN)

# READ MY BOOK

**LOCAL AUTHORS:** Writers tell us what makes their book worth reading

# WES FUNK

## Saskatoon novelist tackles autobiography in *Wes Side Story*

Several years back, when I was discussing one of my novels with a reader, she surprised me with a unusual comment: "You're a fiction writer eh? So, you just make a bunch of stuff up and write it down?" That statement really took me aback! I can guarantee, there's a whole lot more to fiction writing than spinning out pants.

A novel takes endless hours of hard work and plenty of determination.

Regardless, I think the young lady's statement as a challenge. I'd already had numerous pieces of accurate hammered out, so one day I simply decided to weave them together into an autistic agenda.

This book has been an enormous undertaking. Writing down my entire life has taken

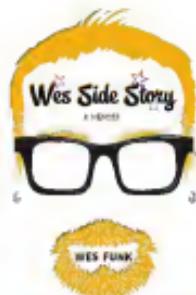


Saskatoon author Wes Funk

years and has been one of my biggest challenges. Regardless, I am so glad I took the plunge

From my time as an awkward, pop-culture obsessed kid in rural Saskatchewan to coming of age in the '80s, to my escapades as a Saskatoon-based novelist and TV personality. I tell these in something in this memoir for everyone.

**Wes Funk** is a Saskatoon-based writer who has delivered his craft to telling stories which reflect his life. His *Dead Rock Stars* has been incorporated into both university and high school curriculums. *Black's Novel Cherry Blossom* has been a pick for several book clubs across Canada and won the 2013 National GIC Bookie Award. Besides being on *music!life*, he is currently the host of the Saskatoon TV program *Let's Hugger*. He enjoys life with his partner and pens on Saskatoon's newly-broadcast *Asker*.



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# SHARP EATS

# SASKATCHEWAN FOOD SCENE

## What to eat this fall in Saskatchewan

By Jenn Sharp

There's tons of great eats in Saskatchewan this time of year, especially produce from the fall harvest. But everyone knows that...

Here's a few new things to try. Send me a note when you do and let me know what you think!

sharp@starphoenix.com Twitter: @jennsharpsharp



The Tuile at Cafe Francaise. #tuile Photo by JENN SHARP

### TUILÉ

Cafe Francaise

425 Victoria Ave., Regina  
This petite French spot is a welcome new addition to Regina's coffee culture. You really can't go wrong with any of the pastries here, but the tuile (\$5.48) is definitely one to try. The cafe's classically-trained pastry chef creates these delicate, sweet, crêpe-like cookies with a sprinkling of shaved almonds. Paired with an expertly-coated latte, it's the perfect afternoon treat.

### THE O.G. GRILLED CHEESE

Vic's Tavern

1950 Hamilton St., Regina  
This downtown dining scene is heating up like Vic's Tavern. The building first opened in 1922. After a big, two-year project, it reopened as an eatery and bar. It's the perfect place to bring pretty-damned good food. Grilled cheese is the house specialty — if you're going to eat grilled cheese, go big or go home. That means you need to order the OG (\$12.50). It apparently stands for Original Grilled. I think it's safe to say, "Amen to God." The four-cheese blend is piled high with warm thick slices of white bread. Tied with Vic's Alehouse Soup — homemade smoked tomato — for one heck of a power lunch.



The OG grilled cheese from Vic's Tavern in Regina is a truly... um... cheese-melty-made cheese sandwich. Just go with Vic's Alehouse-made tomato soup. #tastebud Photo by JENN SHARP

See a food trend you think deserves a highlight in Bridges?

Email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

or visit Bridges on Facebook



Oliv Cask 18 Balsamic Vinegar. #oliv Photo by JENNIE KING

### OLIV BALSAMIC VINEGAR

Laurel Queen St. & Regina

726 Broadway Ave., Saskatoon  
The options are endless at Oliv. From sweet to savory, you're bound to find something that suits your tastes. I love their Cask 18 Balsamic. It's thick, full of fruit, yet sweet grape-must flavour and incredibly跳躍。



The newest vendor at the Regina Farmers' Market, Muscle Panda muffins are full of fresh vegetables, little sugar and no preservatives. #tastebud Photo by JENN SHARP

### MUSCLE PANDA MUFFINS — WHITE CHOCOLATE PISTACHIO

Muscle Panda

at Regina Farmers' Market

At \$3 for two, these little protein-filled muffins pack a healthy punch. They're also full of veggies like sprouts and flaxseed, but, seriously, contain next to no sugar and are gluten-free. (If you can believe that kind of thing.)



Fresh fruit, yogurt and granola from the market. #tastebud Photo by JENN SHARP

### CHEVRE

Selkirk's at Regina Farmers' Market

Headwind Mills at Selkirk Farmers' Market  
Simply put, Saskatchewanderian cheese makes a pack. I mean, a cheese-and-tomato sandwich makes a pack. Spread it on crackers with a fresh tomato slice, heat it up and drizzle with balsamic vinegar like Oliv's Cask 18 and you have yourself a beautiful snack.

# SHARPEATS

## ROASTED CHICK-PEAS

Available at various locations in Regina and Saskatoon visit [www.threeriversfarmers.coop/locations](http://www.threeriversfarmers.coop/locations) for a list.

Three Farmers' has released their much-anticipated snack product... roasted chick-peas. I picked up a few bags from Riverside Deli in Saskatoon (\$5 per bag) and have had them all over the place. The delicious and crackled-on-paper ice-pretty salty. Mix a handful with the sweet and tangy barbecue flavor, or for a nutty, locally-made snack.

Wendy Georges  
Three Farmers' Roasted Chick-peas Review  
BY MICHELLE BING



## PROTEIN ICE CREAM

### MPowered

201A Second Ave. S.  
Saskatoon (entrance is beside Cibola)  
Personal Trainer Mitch Givens has created a reward for his clients and the rest of us that won't make you feel guilty. A pint (P) of MPowered Powerscience is packed with 80g of lean protein. To round out the healthy profile, he uses coconut milk, coconut oil and a touch of honey. This whole flavor has vanilla bean and vanilla rolled the chocolate has pure cacao. It doesn't matter if you fit the 'athletic' or not, this creamy treat does the body good.

## FIELD TO SHIELD DINNER

### Chef Jenice's Roast Chicken

Part of the chef-in-residence program at a local Sobeys Market. Order online.

It will feature the best of

the north and the south in a field-to-field concept that includes northern floral oils, while a south source in Field raised meat, wild salmon oil and low-carb carbohydrates.

## SALTED CARAMEL

Atlanta Coffee  
1960 Hamilton St.,  
Regina.

This will be the last \$5.79 you ever spent. Set a caramel bomb that gravity-defies stuff out of the water. Just don't reveal the same mistake I did and put it all in your mouth at once you won't be able to chew.

Atlanta Coffee  
Reviews and Words  
Even Better. Photos  
BY MICHELLE BING



## WILD BLUEBERRIES



Saskatchewan wild blueberries  
Reviews by MICHELLE BING

### Saskatoon Farmers' Market

The wild blueberries, picked early of the La Loche, were fresh last week with more on the way. At \$4.00 for a large tray and \$7.00 for a container they're just the cheapest indulgence, but well worth it if you love berries. Saskatoon wild blueberries are small and pop open in your mouth in a sweet little burst.



## RAW CHOCOLATE

### These Gals at the Market Saskatoon Farmers' Market

I think these girls could sell just about anything to anyone, but the fact that they sell chocolate makes them stand at the Saskatoon Farmers' Market a very busy spot. It's not just any kind of chocolate either. It's healthy, raw and organic, but more importantly

— it's delicious. There's just three ingredients in the base — raw cacao butter and maple syrup.

In case you need more convincing, there's a book out called Eat, Chocolate, Lose Weight. This girls always have a copy at their stand. You don't have to tell me twice!



## Next week in BRIDGES

Kim Pate, on a one-year contract at the University of Saskatchewan College of Law, has sometimes ruffled feathers in her 23 years of advocating for women prisoners' human rights

## Summer in SEPTEMBER Clearance



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Maine Building  
204-663-3443

## # CROSSWORD

NEW YORK TIMES Edited by Will Shortz

## ACROSS

1. Crosses them
2. Super punch slender
3. Use infuses
10. Sausage's advocate in brief
11. Cities for the homesteader
12. Deliver by wagon, over
13. Stamps before us always
21. H.R.H. past
22. A bore
24. Circus tent's circumference
27. ... can't get up!"
28. Cawing with gossamer wings
29. Gondola's a short
30. Zinc with a twist
31. Friends of these
34. Part of a trout but not
41. Role
44. Methuselah's world
45. I'm outta here!"
46. Miller first cross
53. Scrubbed for a while
54. These leaves burn
55. Lesser to paper
57. Something to do (by far)
58. ... (year) (annual)
62. NBC's another battle
63. ... (year) (annual)
64. Farmers' blockade ... in a w. of the border words in 17, 29, 37 and 41 across
66. ... (year)
67. ... (year)
70. Driving board localities
71. Ropes in

## DOWN

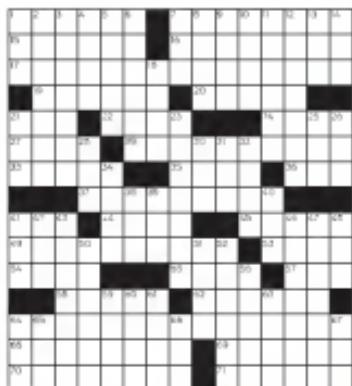
1. Dimensions of some
2. Use every interest of
3. Old
4. Fighting words, w/
5. Not to be
6. Fighting place
7. Mistress' companion
8. ... (year) New York
9. Bushel basket

## # JANRIO CLASSIC SUDOKU

## Level: Gold

Fit in the shaded cells, using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and a process of elimination to solve the puzzle.

The difficulty levels range from (House) (medium) to (Silver) (hard) to (Gold) (puzzled).



PUZZLE BY DALE ROSENBERG

1. Boot holder
2. "Sorceron's" home
3. Come to rule of 1950
4. Look at the Paris line
5. Like golf course, regime typically
6. Wine shopkeeper's destination?
7. 2006's int. Alter
8. Campaigned, in
9. ... (year) 1967
10. Jiggle source
11. In deepest
12. Desires (advertisers)
13. ... Police (Johnson) comb!
14. Swift for a servitor
15. Great folks to know
16. Voluntary spouse
17. White glove after
18. Study part used in computer recognition system
19. ... (year) in
20. Encouragement point, a key word
21. Looking good!
22. ... (year) in author's place
23. Get together after
24. "Well well!"
25. Lesser star in her name
26. Old-time pastimes

27. You take credit, we ...? Impose
28. ... (year)
29. ... (year) in
30. ... (year) in
31. ... (year) in
32. Doctor's partnership, often plural
33. Home to bargaining
34. ... (year) or out
35. ... (year) in
36. Key at the cellular level
37. ... (year) 1974
38. ... (year) hub basin
39. ... (year) clear!
40. ... (year) 1974
41. Children's author
42. Aquath

Solution to the crossword and more! See the Sudoku box on the back page.



# Authentic Amish Cooking



Courtesy photo of Linda L. Johnson

## Honey Oatmeal Bread

5 C. Water  
1 1/2 C. Yeast  
2 1/2 C. Sugar  
1 1/2 C. Vegetable Oil  
1 Egg  
1 1/2 C. White Flour

4 C. Oatmeal  
2 C. Lukewarm Water  
3 C. Honey  
1/2 C. Salt  
4 C. Wheat Flour



Bring 8 C. water to boil; add oatmeal. Cool slightly. Dissolve yeast in 2 C. lukewarm water. Add sugar, oil, egg, salt, and flour. Put in bread pan. Let rise again. Put in 350° oven. Bake 45 minutes. Let cool.

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# GARDENING

## # GARDENING IN SASKATCHEWAN

### Please your kitty with this easy-to-grow mint species

By Sara Williams

Ornament as it is shown in September, but it can be an excellent addition to the fall garden.

To be expected, the plants are members of the mint family — in fact the Latin name means, Nepeta, means cat! Like all mints, they have square stems and opposite leaves (each leaf has a notch on the opposite side of the stem).

Catmint foliage is generally a grey-green and evens a fragrance when crushed. Flowers can be blue, purple, mauve, pink or white. There are a number of species that comprise the catmint group and many of the annual varieties are selections from traditional species or interspecific hybrids.

'Deeprose Catnip' is a cross of *N. manziana* and *N. sibirica* introduced by Dr. Frank Zelenko of Deeprose Mint, in 1982 (1983 compact, 2010 tall one to height, with soft, scalloped, grey-green leaves and light purple flowers). Because it is sterile, it blooms almost the entire summer and does not require deadheading to continue. It is used extensively in English rose gardens as edging.

Other cultivars include:

- 'Blue Haze Catnip' is one metre in height, with dark blue flowers above grey foliage. It has not been widely tested but is worthy of trial.

- *Nepeta xanthina* 'Silver Beauty' (introduced as 'Silver Star' by Skinner's Nursery in 1940) is about 60 cm tall. In addition to being a bright, a bit invasive, another excellent ground cover.

- 'Wendy's Lust' (N. xanthina) is used as a hedge, and its height (which is 40 cm, with a spread of 80 cm, making it a bit larger than 'Deeprose Catnip') has purple/blue flowers throughout the summer.

- *Nepeta grandiflora*, 'Bonsai' is dark green large leaves up to 90 cm high, with pink flowers.

Plant catmint in full sun or partial shade on well-drained soil. Shear off flowering for a neater appearance.



The active ingredient in catmint is aromatic or called nepetalactone. It is toxic to most cats. PHOTO COURTESY SARA WILLIAMS

All do better on a looser soil.

'Deeprose Catnip' is excellent as an border plant or as a companion to roses (for which it is used extensively in English rose gardens). It is a bit invasive, but a cat favorite.

Other varieties are best used for creating naturalizing in native gardens, or for stabilizing slopes. If you don't like cats, grow a plant to your neighbour.

When it is responsible for that behaviour as a chemical compound on the plant tissue that may cause a cat's sexual or territorial phenomena (or sort of, like some other "perfumes").

The active ingredient, nepetalactone, is an aromatic oil, is detected through the cat's olfactory system by what is known as Jacobson's organ at the back of their nose. It must be effective in effect.

Although catmint, the cats' response is generally limited to 10 to 15 minutes, but may repeat itself after a few hours' break. Catnip has no harmful or long-term effects on cats, and some may become indifferent due to over-exposure — by which time your herbs and baskets may do the job but do little to enhance the beauty of your flower borders. In among thorny stalks (such as rose, rose hawthorn, or raspberry canes) causing the stress may be a less obvious but equally effective way of deterring unwanted visitors.

That may be dried. Most kittens do not develop a response until at least three months of age. Older cats also appear less interested.

Catnip is more widely appearing than the 'Deeprose' variety, and is sold in pet stores by cat owners. Growing catnip can be a challenge with pots cut out and all their leaves eaten as the neighborhood cat is sitting nothing on and otherwise damaging your herbs plants.

Herbaceous and basket may do the job but do little to enhance the beauty of your flower borders. In among thorny stalks (such as rose, rose hawthorn, or raspberry canes) causing the stress may be a less obvious but equally effective way of deterring unwanted visitors.

#### Learning experiences

Sara is the author of the new and revised *Creating the Perfect Rose Recipe* (See Interview, page 16). A photographic history, she is of the keeper of an instruction and the personal stories of the people who made an impact on modern Prairie agriculture.

This column is provided courtesy of the Saskatchewan Pasture Society (www.saskpasture.ca). *Harmonizing pastures*. Check out our website, based or extended for upcoming local events. *Lobster & Lanes* at the *Prairie Farm Plant & Soil Exchange* (all bold acids, four-grade information sessions).



# OUTSIDE THE LINES

## # Colouring contest

Each week, Stephene McKay creates a timely illustration meant to please kids of all ages.

Children can colour it, have a picture taken with the finished product and email it to [bridge@thesunphoenix.com](mailto:bridge@thesunphoenix.com). One winner will be chosen each week. Please send entries by Monday at 9 a.m.



Last week's contest winners are Danielle (left) and Tali Lareau. Thanks to everyone who submitted entries!



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# WINE WORLD

## # SASKATCHEWAN WINE SCENE

### Female-marketed wine will keep you coming back for more

By James Romanow

Wine and liquor (and yes, even beer) makers have been marketing their products to women for at least 30 years. As a result, we are more easily than marketing moved to new heights.

Heublein's tea, for example, has a female CEO. Catering to the feminine market, she had the flavor profile specifically crafted for women's palates. Women, moreover, are less subtle with labels like *Smegger and Gurl's* Night Out.

I automatically avoid such labels, assuming the product within to be substandard or priced at least 10 per cent too high. That flip side of snobbery, though, is that sometimes the reasoning has to do with sales and money to be won with history.

Los Hermanos' *Whelk* features a rather offbeat woman's face. The six faces are the founders' sisters (hermanas in Spanish for sisters). When we went to the Philippines, they stayed home to manage the estate in its absence. The label, *Lemon*, is named for its tree in the Philippines, after the main island of the archipelago.

Unlike my座右銘 rule, my assumption for Los Hermanos is that it's worth paying than the price, at least when compared to California and Canadian wines. Spanish wines are a tremendous deal at all price points. For those, the wine comes from Jumilla, an up-and-



coming appellation with less label appeal than California or Italy, and therefore must deliver to get you coming back for more.

The wine is indeed a great wine that will appeal to most wine drinkers, male or female. It is generally Marsanne with a touchy bouquet and an intense fruity flavor set. Try a glass tonight when you get home.

Luis Reventos, Jumilla, Spain, 2012 \$18.13  
\*\*\*\*

Something white next week. And of course, even more wine in Monday's paper and on Twitter at [@drbennett](http://drbennett).

### Crossword/Sudoku answers

STEPPER	ROGUE	JOYCE	TELL
MENTAL	UNION	REP	
ANGER	MANAGEMENT		
CARTIN	SILOS		
HEK	BRIC	HISP	
ANDI	ALLATINGLY		
STENT	USER	NOW	
	SHOOT	THREE	
MOD	AVAT	SEEVA	
THE	BREWERS	ICED	
GOYA	POCAL	LSB	
ONCEA	BROKAN		
LANGUAGE	CARRIEE		
OCCURRED	MEIRDO		
DEEPEPENDS	LASSOS		

4	9	2	3	7	5	8	1	6
1	5	7	2	8	6	4	9	3
8	6	3	4	1	9	2	5	7
2	7	1	9	6	3	5	8	4
6	8	4	7	5	2	1	3	9
9	3	5	1	4	8	7	6	2
5	2	6	8	3	4	9	7	1
3	1	9	5	2	7	6	4	8
7	4	8	6	9	1	3	2	5

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# EVENTS

## # MUSIC

Wednesday, Sept. 10

**Penda Tambell**  
Buds on Broadway;  
817 Broadway Ave.

Thursday, Sept. 11

**Beau Invictus**  
Crackery, Distressed & Lounge;  
1-227 Phoenix Ave.

**Kathy Kavka**  
Buds on Broadway;  
817 Broadway Ave.

**EDX**  
G Street Event Centre,  
241 Second Ave. S.

**Heus Chukka Presents: Day-  
ates**  
Verdejo's Tavern,  
804 Broadway Ave.

Friday, Sept. 12

**Hang, Avery**  
Buds on Broadway;  
817 Broadway Ave.

**Jean Shafiroff, earlier Jeanne  
Borremans & Tim Vaughan**  
The Basement,  
204 Fourth Ave. N.

**Lady Hawka**  
Army & Navy Club,  
359 First Ave. N.

**The Hobbes**  
McKinley-Robinson,  
3300 Eighth St. E.

**William and the Shadows**  
Feltfield Senior Citizens' Centre,  
103 Roosevelt St.

**Tach Hines w/ Kritic Kalibko,  
Twisted, Animal Nation and  
Immaculate**  
G Street Event Centre,  
241 Second Ave. S.

**CPFC/P-M/Freshty Pestil & Zees**  
Juniper's Cantina  
632 10th St. S.

**Kingla Mortisha w/ Silvertone Ele**  
A Walk Klub  
Verdejo's Tavern,  
804 Broadway Ave.



Canadian country singer Terri Clark will be performing at TCU Place on Sept. 22.

**The Gift of Anger**  
Capital Music Club,  
344 First Ave. N.

**Janet Boys**  
Sister's Place,  
106-110 Ruth St. E.

**Blue Collar Band**  
Peggy's Pub and Grill,  
10430 Maywood Dr. N.

**Power of Sound & Sean W-**  
ater & Gregor Bay  
Crown & Cork,  
10271 Maywood Dr. N.

8 a.m.-9 a.m., Sept. 20

**Jack Sampala**  
Buds on Broadway;  
817 Broadway Ave.

**Blue Bend Series Stone**  
Frigate Big Band w/ Robyn  
Knight

**The Basement**  
204 Fourth Ave. N.

**Stetson**  
National Legion,  
9301 Lerner St.

**The Hamps**  
Downtown Lister,  
505 S. Phoenix Ave. N.

**Whiskey on Sunday**  
Mutiny's matinée,  
3300 Eighth St. E.

**Hilltop Hands w/ Sims of  
Deseronto, Hustle & Thrive,  
DJ Another, DJ Scott Tamer  
and DJ Heywood**  
Grits & Grits event centre,  
241 Second Ave. S.

**Three Islands w/ Viking at  
the 80s**  
Verdejo's Tavern,  
804 Broadway Ave.

**James Boys**  
Sister's Place,  
106-110 Ruth St. E.

**Blue Collar Band**  
Peggy's Pub and Grill,  
10430 Maywood Dr. N.

8 a.m.-9 a.m., Sept. 21

**Heavy Dog Drive**  
Buds on Broadway;  
817 Broadway Ave.

**Lloyd Banks**  
Grits & Grits event centre,  
241 Second Ave. S.

**Mon., Sept. 22**

**Heavy Dog Brown**  
Buds on Broadway;  
817 Broadway Ave.

**The Slackers w/ The Hobis**  
Thirsts and Fury Kino  
Lum's Pub,  
93 Campus Dr.

**Tues., Sept. 23**

**Tarie Clark**  
TCU Place,  
353-2nd St. E.

**Heavy Dog Brown**  
Buds on Broadway;  
817 Broadway Ave.

**Rik Turner's Havikland w/  
Witch Mountain and Hell-**  
ambien

**Walpurgis Tavern**,  
804 Broadway Ave.

**# A.E.T.**

**Marcel Art Gallery**  
Until Sept. 26 at 935-0 Sounding  
Cres. E. The gallery spaces are

closed for installation of the  
artwork of Marcel Art and artist  
Modern Visions.

**The Marcel Art Gallery 30th Anniversary**  
Exhibition opens Sept. 26.

**Launch party Sept. 26, 7 p.m.**  
Open hours and gallery

**closed Sept. 27, 2 p.m. to 5 p.m.**

**The Member's Show**  
and gala continues in the auditorium until Oct. 5.

**The Gallery at Phoenix Mor-  
row-Castell Library**  
Until Sept. 30 at 2123 20th St.

**The Gallery at Phoenix Mor-  
row-Castell Library**  
Until Sept. 30 at 2123 20th St.

What you need to know to plan your week.  
Send events to [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

E. Remen Portfolio by Arlie  
Saucierczyk

**Gallery on Third**, Webman  
Unit 401, 4th & 103 Third Ave.  
E. In Webman's Phoenix Photog-  
raphy by local artists includes  
a variety of landscapes and  
portraits.

**Higher Mission and Credit**

Until Sept. 23 at 105 Third Ave.  
W. In Higher Mission Gal-  
lery by local artists includes  
a variety of landscapes and  
portraits.

**Collector's Choice Art Gal-**

lery  
Until Sept. 26 at 420 1st Street  
Ave. N. Focus by Jonathan  
Hart. His third solo show  
featuring small to medium  
works.

**Gordon Melville Gallery**

Until Sept. 26 in Room 108 of  
the University of Saskatchewan  
Museum of Natural History.

**Unlikely A Thousand Gees** by  
Anishka Jarrah an assassination  
into the artist's multiple identi-  
ties as a Lebanese Canadian  
and the way she achieves and  
possibly loses her imaginative  
life through her art. 26, 7 p.m.  
to 10 p.m.

**Veld Gallery**

Until Sept. 27 at 1-1006 Eighth  
Ave. S. Focus by Sharon Ceslik. Photography  
Reassessing bodies and spaces

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**The Member's Show**  
and gala continues in the auditorium until Oct. 5.

**Pearlie Star Gallery**

Until Sept. 26 at 106 14th St.  
E. Sketches from the Studio  
of Miles Parryka. New and Old  
Work by Kim Evans.

**Kaling Pine Arts**

Until Sept. 30 at 108 on the eighth  
floor of the Broadbent Hotel.  
Exhibit by Heather Gil, multimedia  
works by Heather Shillingford.

**Black Spruce Gallery**

Until Sept. 30 on Highway #2  
at Northgate. Little Treasures,  
a group show. Small works by  
gallerists.

**332g**

Until Oct. 4 at 330 39th Ave. S.  
G-S Passengers, works by Hall  
McGillivray and Sean Whis-

**Ukulele Museum of Cana-  
da**

Until Oct. 5 at 910 Spadine  
Cres. E. Ukulele: History of The  
Guitar of Its World.

**BCVA Gallery**

Until Oct. 10 at 253 Third Ave.  
S. It's Not What It Is, a show featuring  
local urban and graphic style  
artists.

**Calories Bakery & Review-  
ment**  
Until Oct. 12 at 131 Broadway  
Ave. Works by Jim Mendi

**Pavlovians**

Until Oct. 17 at 434 20th St.  
W. Cliff House 2 by Amanda  
Deven Christie. An installation  
of a digital transfer of a 3D film loop showing the  
anticlimactic aftermath of a  
car crash.

**Station Art Centre, Rossm-  
ane**  
Until Sept. 27 at 1070 Bellamy  
Ave. in Rossmane. Recent work  
by Southern artists includes

includes paintings, fiber art,  
stained glass, wood carvings,  
pottery, sculpture and photo-  
graphy.

**Uvaldo City Art Show**

Until Oct. 17 at 139 Second  
Ave. N. Works from 2001  
clude works by Jon Tolerton  
and Leah Wernan.

**AFM Art Gallery**

Until Oct. 18 at 601 Broadway  
Ave. Mex. Mixed media sculp-  
tures by Heather Shillingford  
including her newest installation  
from ceramic components  
inside her work.

**St. Thomas More Gallery**

Until Oct. 21 at 1127 College  
St. Georgia Bay Three Sisters  
by Jennifer Aitken, Miles Hall  
and Jacqueline Page Miller.

# EVENTS

## Art at Sober Gardens (formerly Art at Again)

Saturday, Sept. 20, 11 a.m. to 4 p.m., 3km west, 100m north of Hwy 10, 100m west of Hwy 60, 10 minutes from Estevan. 30+ artists displaying original artwork by 20 local and national artists in a variety of media. Show & Tell tents and three on-site restaurants. Information and a map at [sobergardens.ca](http://sobergardens.ca). No children under 12 and no pets.

## Manitoulin Valley Centre Gallery

Until Oct. 31 at 602 Third Ave. S. Illustrations of Water Reindeer (Deer-Ling Reindeer) by Bruce Fingas.

## Outstanding Gardner

Until November in Pauline's billboard space. The Paved Arts anti-advertising billboard project by Scott Manitou. The project critiques the nature of advertising and the work that ironically takes on the form of public billboard advertisements.

## Saskatoon City Hospital Gallery on the Bridges

Until Sept. 30 on the fourth floor of the Atrium at the Saskatoon City Hospital. Art by Louise. An eclectic mix of efforts reflecting Dr. Louise Bellin's exploration of styles as a new artist.

## # FAMILY

### Stay and Play

Tuesday and Wednesday, 9:30 a.m. to 11:30 a.m., through April. For children up to age five. Semi-structured, crafty, snacky, story time, tasy activities, small stay-and-play areas. For more information contact [art@sobergardens.ca](mailto:art@sobergardens.ca) or visit their Facebook page.

### ILLG Seikkenen Geyserine Series Marting

Every Saturday, 1 p.m. to 4 p.m. in the month, 10:30 a.m. at Seikkenen Mothers' Centre at station 20 West, 201-120 20th St. W. All women interested in breastfeeding are welcome. Call 306-655-4605 or email [1001@nsim.com](mailto:1001@nsim.com).

### Stars and Sparklers

Wednesday, 1 p.m. at Christie Cinemas in The Centre. Choice of two movies each week. A baby-friendly environment with lowered volume, dimmed lighting, a changing table and stroller parking in use at the theatre.

### Mom and Baby Outfitter Stroller Fitness Classes

Wednesday, 10 a.m. to 12 p.m., along the Moosejaw Trail. Meet new mums and get a whole body workout. To register and for starting



Camerons of the Night by Judy Wood can be seen at Art at Sober Gardens on Sept. 20.

location email [judymwood@shaw.ca](mailto:judymwood@shaw.ca) or leave a message on Facebook.

**G's Children Play**  
Daily 10 a.m. to 6 p.m., in Bay 4 of 479 South Hillway St. W. in Saskatoon. Seikkenen's a new west indoor playground. For more details call 12 [visitseikkenen.ca/gseikkenen](http://visitseikkenen.ca/gseikkenen) or their Facebook page.

**Run Reckety Indoor Playground**  
Daily 10:30 a.m. to 6 p.m. A giant indoor playground for children up to 12. Adults and children under one year old free. There is a separate fenced in area for children under two.

**Children's Play Centre**  
Daily at Lawson Heights mall. A full, safe, environment for preschool children to play. Please note this is an unsupervised play area, and adults must stay with and supervise children at all times.

**Market Mall Children's Play Centre**  
Daily just off the food court at Market Mall. This play area is free and has different level slides. Children need to wear socks in the play area.

**Breastfeeding Cafe**  
Thursday, 10 a.m. to 11:30 a.m., at

classes on stat holidays.

## Coffee Time for Moms

Wednesday, 10:30 a.m. to 11:30 a.m., at the Moosejaw Trail, 117-103 Central Ave. Moms enjoy a free cup of coffee while children play in the playground.

## Story Talk at SPL

Fridays, 10:30 a.m., at Alice Turner Branch, Moosejaw, 10:30 a.m. at Carnegie King Branch and 11:30 a.m. at Birchwood, and Tuesdays, 10:30 a.m., at City Wright Branch. Half-hour sing-along and rhymes, then mingle with other parents.

## Craft and Story Time

Saturdays, 11 a.m. at Indigo Books, 3333 Elgin St. E. in the last section. Call 306-624-1327.

## Laund Art

Saturdays, 10 a.m. to 4 p.m., at Midwest Art Gallery, 930 55th Street, Critz, E. Free family fun for ages four to 12, accompanied by an adult. Art-making activities led by gallery and critz. Supplies are provided. Sept. 20, turn newspaper into a treasure.

## Seikkenen on Sundays

Sundays, 2 p.m. to 4 p.m., at the Midwest Art Gallery, 930 55th Street, Critz, E. Free family fun for ages four to 12, accompanied by an adult. Art-making activities led by gallery and critz. Supplies are provided. Sept. 21, turn newspaper into a treasure.

## Pediatric Yoga

Mondays, 12 p.m. to 1 p.m., at Pregnancy and Parenting Health Centre, 241 Third Ave. S. Teacher is a certified yoga teacher and mom. A great way to help with participation in your baby friendly class with a certified yoga teacher. Suitable for four weeks to two years postpartum. Register at [midwestartsy.com/pregnancy/](http://midwestartsy.com/pregnancy/). no class on Oct. 6.

## Prenatal Yoga

Mondays, 6 p.m. to 7 p.m., at Pregnancy and Parenting Health Centre, 241 Third Ave. S. Teacher is a doula and certified teacher. Informative and safe for you in pregnancy. Call 306-624-0423 or email [esparkles@shaw.ca](mailto:esparkles@shaw.ca). No class on Oct. 6.

## Robbin Hobbin Rice Playgroups

Mondays to Friday, 10:30 a.m. to 4:30 p.m. and late night Thursdays, at Robbin Hobbin, 21-105 Central Ave. With a wide area, kitchen and shopping centre, puppet theatre, and a large room for toddlers, or to check for mobility, call 306-355-1817 or email [bhspreschool@seikkenen.net](mailto:bhspreschool@seikkenen.net).



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## EVENTS

**Playgroup** Tuesdays, 9:30 a.m. to 11:30 a.m., at Grace Westminster United Church. Hosted by Prairie Haarts Learning Community, a group of families inspired by Waldorf philosophies. Programming is aimed at children ages two to five, but all ages are welcome.

**Preschool Story Time**  
Saturdays, 10:30 a.m. to 11 a.m.  
at McEvily-Robinson, 3130  
Eighth St. E. For children ages  
three to five in the Circle of  
Trees. Call 306-955-4777.

**SEASIDE 4-KIDS®** Seasidebohem  
Regular after-school programs,  
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ages at various locations in  
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creations, play games, and  
have fun using LEGO® blocks.  
Visit [seaside4kids.com](http://seaside4kids.com) or call  
361-747-2745.

**Maternity Years**  
Tuesdays until Nov. 4, 7-9:30  
a.m. to 9:30 p.m., at Pregnancy  
and Perinatal Health Centre,  
2481 Third Ave. S. A comprehensive  
childbirth education series, preparing parents for  
the birth of a child. To register  
visit [tinyurl.com/294907ms](http://tinyurl.com/294907ms).

**Saskatoon Public Library  
Programs**  
Ongoing daily programs for  
children and families. Find the  
calendar at [saskatoonlibrary.ca](http://saskatoonlibrary.ca)  
or 306-975-8096.

#### • SPECIAL EVENTS

**Just in Case**  
Start 10, 7 p.m. cocktails,  
8:30 p.m. presentation, at  
Broadway Theatre. Presented  
by Sutton Financial Group  
for you and your loved ones.  
With keynote speaker Herold  
Simpey, who has created  
tutorials that cover everything  
you might need in the area of

losing a loved one. Tickets are available for purchase. Tickets at [showbox.com](http://showbox.com) 306-662-4730.

**Park(ing) Day Kick-Off**  
Sat. 8/7 pm, at Roxy  
Theatre. Featuring guest  
speaker Reid Henry of cSPACE  
Projects. Reserve a free seat  
at [pdxatp.com](http://pdxatp.com).

**SIPC Dances**  
Thursdays, 7 p.m. in room 10  
at Albert Community Centre,  
6100 Clarence Ave. 5 Sesko-  
soon International Folkdance  
Club. Learn dances from many  
countries around the world.  
First night is free. Visit [sfc-sesko-soon.com](http://www.sesko-soon.com)

Le Chœur des Platanes de  
Brossard  
Thursdays, 7:30 p.m., at  
L'École canadienne française,  
14075 Albert Ave. Sing and  
socialize in French. With choir  
director Miriam Harris and

accompaniment by Rachel  
Fraser. Information at 306-  
343-0443, 306-343-0463.

**Walking with Our Sisters: Caf-  
fe House & Silent Auction**  
Sept. 18, 8 p.m., at Louis' Pub,  
930 Danforth. Ozzy Pribushy Roy, Violet  
Haytovich, Lizi Brown, Queen  
Dunnett, and Kristy Posen.  
With speaker Jamie Black at the Indigenous project. Hon-  
oring and remembering more  
than 1100 Indigenous women  
and girls in Canada who have  
been reported missing or  
murdered in the last 20 years.  
Admission at the door.

Third Annual Park(ing) Day  
Sept. 19, 10 a.m. to 7 p.m.  
In Franklin, 3205 Franklin  
West, between Avenue B and  
Avenue E, will for a single day  
transform into "mini parks." It  
will showcase a sustainable,  
bike-friendly, complete street  
where community and busi-

For a full day when parking spots are transformed into public parks, see *Spot: 1970-2010*, to 7 p.m. **REBUTTAL FILE PHOTO BY SPENCER PENDER**

ness thrive. With live entertainment, art installations, breakdancers, and a special speaker at the Roxy Theatre at 7 P.M. (\$10-\$12), [www.susak.com](http://www.susak.com).

Alchemmy Parking Lot Party  
Sat. 12.20.03 11am-11pm

15 Second Ave. N. Live music by Violent Berlin, Rye Rye Baby, and Croco Gatorway. Hosted by Andy and Jessie Bauché, with special guests Amerson, and Brian Andrew Bauché. With local vendors, food trucks, craft beers, a silent auction, and more. A fundraiser for local autism groups. \$20-\$50.



**GET YOUR TICKETS NOW!**  
**3 chances to win a meet and**  
**greet with Terri Clark!!**

GET TICKETS AT TCU PLACE BOX OFFICE, [WWW.TCUTICKETS.CA](http://WWW.TCUTICKETS.CA) or [WWW.TCUPLACE.COM](http://WWW.TCUPLACE.COM) - PHONE 306.975.7799 OR 888.638.7770

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# BRIDGES

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18 cu. ft. Capacity  
Maytag®  
With Dishwasher  
Convection  
12" Deep  
ProLine®  
Infrared

18 cu. ft. Capacity  
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AUGUST 28 - OCTOBER 1, 2014



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EFFICIENCY FRONT-LOADING STEAM  
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WEEKENDS | 8AM - 5PM



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STEAM 4 DRY

MAXIMA XL

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MAXIMA XL™ HIGH EFFICIENCY  
FRONT-LOADING WASHER  
5.2 cu. ft. (4.6 DOE)  
PowerWash™ Cycle  
Internal Water Heater  
WaterSense® Certified  
MAXIMA XL™ STEAM ELECTRIC  
DRYER  
7.4 cu. ft. Capacity Wrinkle  
Shield™ Plus Option with Steam  
Quick Dry Cycle  
Steam

**\$2198 PAIR**

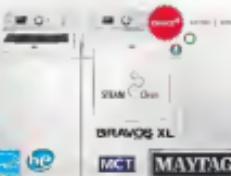
BRAVOS XL™  
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5.5 cu. ft. (5.0 DOE) Capacity  
PowerWash™ Cycle  
SmartDiagnose™, LED  
display

BRAVOS XL™  
ELECTRIC STEAM  
DRYER  
7.3 cu. ft. Capacity  
Advanced Moisture Sensing  
Technology Steam Cycle  
Steam

STEAM 4 DRY

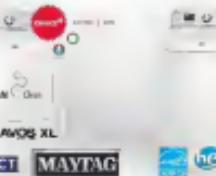
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BRAVOS XL™  
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Steam Option  
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**\$1798 PAIR**

BRAVOS XL™  
HIGH EFFICIENCY  
TOP-LOADING WASHER  
5.2 cu. ft. (5.0 DOE) Capacity  
Stainless Steel Wash Drum  
Smart Diagnose™ Display  
Steam  
Steam

**appliance world**

242-8363

42nd St. E & 1st Ave. N (2 blocks N. of Cicero Br.)  
Sundays Noon-6:30 pm**appliance**

955-1444

15th St. E. & Cicero Ave. Behind Casa Restaurant  
Sundays Noon-6:30 pm

**MAYTAG****MADE TO LAST EVENT**

AUGUST 28 - OCTOBER 1, 2014

**SAVE 20%**WHEN YOU PURCHASE TWO OR MORE  
QUALIFYING MAYTAG® APPLIANCES**SAVE 15%**WHEN YOU PURCHASE ONE  
QUALIFYING MAYTAG® APPLIANCE**BOTTOM-MOUNT REFRIGERATOR  
WITH FREEZER DRAWER****\$1499**16.5 cu. ft. Capacity  
BrightBrite™ LED Lighting  
Full Width Deli Drawer  
200011**MAYTAG****FREESTANDING  
SELF-CLEAN  
ELECTRIC RANGE****\$949**12" / 8" Dual Radiant Element  
10" Power™ Element  
200282**TALL TUB BUILT-IN  
DISHWASHER****\$949**Stainless Steel Exterior  
Stainless Steel Interior  
200282**FRENCH DOOR BOTTOM  
MOUNT REFRIGERATOR WITH  
FREEZER DRAWER****\$1799**16 cu. ft. Capacity  
LED Interior Lighting  
FreshFlow™ Air Filter 30" Width  
200188**MAYTAG****TALL TUB BUILT-IN  
DISHWASHER****\$949**Nylon Racks  
PowerBlast™ Cycle  
200282**FREE STANDING  
SELF-CLEAN  
ELECTRIC RANGE****\$1199**EvenAir™ Fan Convection  
Warming Zone  
200282**OVER THE RANGE  
MICROWAVE HOOD****\$499**2.0 cu. ft. Capacity  
Stainless Steel  
Interior  
200282**BOTTOM-MOUNT REFRIGERATOR  
WITH FREEZER DRAWER  
AND WATER DISPENSER****\$2499**26 cu. ft. Capacity  
Temperature Controlled  
Wide-N-Heather™ Deli Drawer  
Stop-N-Door™  
Ice Dispensing System  
200012**MAYTAG****TALL TUB BUILT-IN  
DISHWASHER****\$1049**Industry-Exclusive  
Stainless Steel  
Silverware Basket  
Premium Ball-Beating  
Rock Crusher  
200286**FREESTANDING SELF-CLEAN  
DOUBLE OVEN  
ELECTRIC RANGE****\$1499**Fan Convection Cooking  
(lower oven only)  
12" / 8" Power™ Element  
200284**OVER THE RANGE  
MICROWAVE HOOD****\$649**19 cu. ft. Capacity  
EvenAir™  
Convection Mode  
200282**appliance world**

242-8363

401 St. E. & 1st Ave. N. (2 blocks N. of Circle Dr.)  
Sundays Noon-4:30 pm**appliance**

955-1444

5th St. E. & Goodale Ave. Below Gaze Restaurant  
Sundays Noon-4:30 pm

*- To the -*  
**OWNER DEAL**

**\$200** INSTANT REBATE  
WHEN YOU PURCHASE 2 OR MORE SELECTED KITCHENAID APPLIANCES

Offer valid from September 17-18, 2016



**PRICE  
GUARANTEE**  
+  
PRICE PROTECTION  
ONE STEP FURTHER!

WE TAKE  
PRICE PROTECTION  
ONE STEP FURTHER!

All the personal protection found in this year's PGs, which means if you find a competitor within 30 days after purchase, we'll refund 100% of the difference, when it's due!

**FOUR DOOR  
FRENCH DOOR  
REFRIGERATOR**

**\$2599**

26 cu. ft. Capacity  
FreshFlow™ Refrigerated  
Drawer with  
Adjustable Dividers  
Adjustable Glass Shelves  
with True  
Sealed Technology  
400W

**FREESTANDING  
SELF-CLEAN ELECTRIC  
RANGE WITH TRUE  
CONVECTION**

**\$1299**

12" / 9" / 6" Triple  
Rear Burner  
16" Even Heat™ Ultra  
Element with  
Even Heat™ Simmer  
Zone

**TALL TUB BUILT-IN  
DISHWASHER**

**\$999**

14 Wash Settings  
Third Level  
Whirlpool  
Action

**KitchenAid**

**FRENCH DOOR BOTTOM  
MOUNT REFRIGERATOR  
WITH FREEZER DRAWER**

**\$1699**

39 cu. ft. Capacity  
Infrared Water Dispenser  
Cascading™ LED Interior  
Lighting  
400W

**TALL TUB BUILT-IN  
DISHWASHER**

**\$799**

ProWash™ Cycle  
Multi-Size Wash  
Up to 10 Wash  
Cycles

**KitchenAid**

**FREESTANDING  
SELF-CLEAN ELECTRIC  
RANGE WITH TRUE  
CONVECTION**

**\$1299**

12" / 9" / 6" Triple  
Rear Burner  
16" Even Heat™ Ultra  
Element with  
Even Heat™ Simmer  
Zone

**OVER THE RANGE  
MICROWAVE HOOD**

**\$649**

20 cu. ft. Capacity  
Quick Defrost cycle  
300W

**GET THIS FREEZER  
FREE**

**Value \$329**  
7 cuft Capacity

WHEN YOU PURCHASE  
2 OR MORE  
SELECTED

**KITCHENAID  
APPLIANCES.**

**Amana.**



10-4-16000	APPLIANCE REFURBISHED	<input checked="" type="checkbox"/>
Front View	Top View	<input type="checkbox"/>
Side View	Bottom View	<input type="checkbox"/>
Close Up	Open View	<input type="checkbox"/>

**appliance world**

**242-8363**

43rd St. E & 1st Ave. N (2 Blocks N. of Circle Dr.)  
Sundays Noon-6:30 pm

INTEREST RATE	<input type="checkbox"/>
Cash Back/Refund	<input type="checkbox"/>
Mail-in Rebate	<input type="checkbox"/>
Delivery Upgrade	<input checked="" type="checkbox"/>

**appliance**

**955-1444**

1st St. E. & Goodale Ave. Behind Case Restaurant  
Sundays Noon-6:30 pm